

Understanding Psychology

Semester I

Subject Code: AC11505

Lectures (Lects.): 60

Objectives

- Relate the fundamental principles of psychology to everyday life.
- Acquaint with the basic concepts of psychology
- Develop self-awareness and self-understanding by exploring their ideas, emotions, attitudes, and reactions.
- Understand practical utilization of the knowledge gained about psychological adjustment as it relates to their personal life experiences and adjustments.
- Develop an understanding of the theory and research in psychology relevant to the problems of adjustment in today's complex world.

1: Introduction to psychology

(12)Lects.

1.1 The science of psychology-Definition, goals and professionals in psychology

1.2 The roots of psychology- Structuralism, Functionalism, Gestalt & Women in psychology

1.3 Today's perspectives- neuroscience, psychodynamic, behavioral, cognitive, humanistic.

1.4 Subfields of psychology –

- Major fields- Clinical psychology, Counseling psychology, Educational psychology, organizational psychology, Experimental psychology, Cognitive psychology, Developmental psychology, Personality psychology, Health psychology, Social psychology, Cross cultural psychology,
- Emerging fields-Evolutionary psychology, Behavioral genetics, Clinical neuropsychology.

1.5 Psychology's key issues and controversies

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2: Methods in Psychology

(12)Lects.

- 2.1 The scientific method
 - i. Identify questions of interest
 - ii. Formulate an explanation- theory and hypothesis
- 2.2 Descriptive research-Archival research, naturalistic observation, survey research, case study
- 2.3 Correlation study
- 2.4 Experimental study & Critical research issues- Ethics of research, using animals in research, experimental bias
- 2.5 Exploring diversity- choosing participants and understanding how culture influences behavior

3: States of consciousness

(12)Lects.

- 3.1 Definition and States of Consciousness
- 3.2 Sleep: Stages of sleep ,REM sleep, sleep disturbances
- 3.3 Dreams: Function and meaning of dreaming, Day dreams
- 3.4 Hypnosis
- 3.5 Meditation : Nature and types

4: Human Abilities

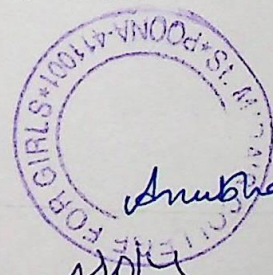
(12)Lects

- 4.1 Intelligence-Definition, distribution of intelligence in the population, Basic Concepts (MA, CA, IQ), Difference between Intelligence and aptitude.
- 4.2 Theories of Intelligence: Spearman, Sternberg, Gardener, Guilford
- 4.3 Problem Solving & Decision making
- 4.4 Barriers to Problem Solving
- 4.5 Creative thinking.

*Assignments and library hours – 12 hours

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Recommended Text Books

1. Feldman R.S. (2004). Understanding Psychology, 6th Ed, New York, McGraw-Hill.
2. Kirsh, S.J, Duffy, K.G and Atwater, E (2014). Psychology for Living: Adjustment, Growth and Behavior Today, New Delhi: Pearson Education.
3. Weiten W and Lloyd M. A. (2004) .Psychology Applied to Modern Life – Adjustment in the 21st Century.7th Ed, Thomson Wadsworth.
4. Ciccarelli, S. & Meyer, G. E. (2006). *Psychology*. New Delhi: Pearson Education.

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Psychology of living

Semester II

Subject Code: AC21505

Lectures (Lects.): 48

Objectives

- Apply psychological insights and principles to their own lives.
- Increase their knowledge on adjustment, in order to continue learning and growing on their own.
- Understand themselves and others better

1: Self Concept

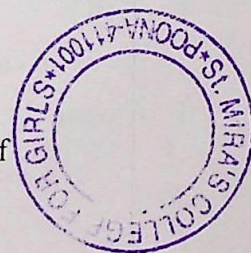
(12)Lects.

- 1.1 Self concept: Definition and nature, Self image, ideal self, multiple selves, self discrepancies.
- 1.2 Factors shaping self concept
- 1.3 Self Esteem: Nature of self esteem and Building self esteem
- 1.4 Self efficacy: Nature of self efficacy and development of self efficacy
- 1.5 Self presentation and impression management

2: Managing motives and emotions

(12)Lects.

- 2.1 Understanding motivation : Definition, Motivational Cycle, Classification of motives
- 2.2 Biological motives- the motivation behind hunger and eating
- 2.3 Social motives
- 2.4 Understanding emotions : Elements of emotions and Functions of emotions
- 2.5 Emotional intelligence and Managing our emotions



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3: Interpersonal Communication

(12)Lects.

- 3.1 Process of Interpersonal Communication
- 3.2 Nonverbal communication
- 3.3 Towards more effective communication
- 3.4 Barriers in Communication

4: Stress, coping and well being

- 4.1 Nature of stress and Categorizing stressors
- 4.2 High cost of stress :General adaptation syndrome, Psycho neuroimmunology and stress
- 4.3 Coping with stress
- 4.4 Psychological aspects of illness and well being
- 4.5 Promoting health and wellness

(12) lects

*Assignments and library hours – 12 hours

Recommended Text Books

1. Feldman R.S. (2004). Understanding Psychology, 6th Ed, New York, McGraw-Hill.
2. Kirsh, S.J, Duffy, K.G and Atwater, E (2014). Psychology for Living: Adjustment, Growth and Behavior Today, New Delhi: Pearson Education.
3. Weiten W and Lloyd M. A. (2004) .Psychology Applied to Modern Life – Adjustment in the 21st Century.7th Ed, Thomson Wadsworth.
4. Ciccarelli, S. & Meyer, G. E. (2006). *Psychology*. New Delhi: Pearson Education.

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